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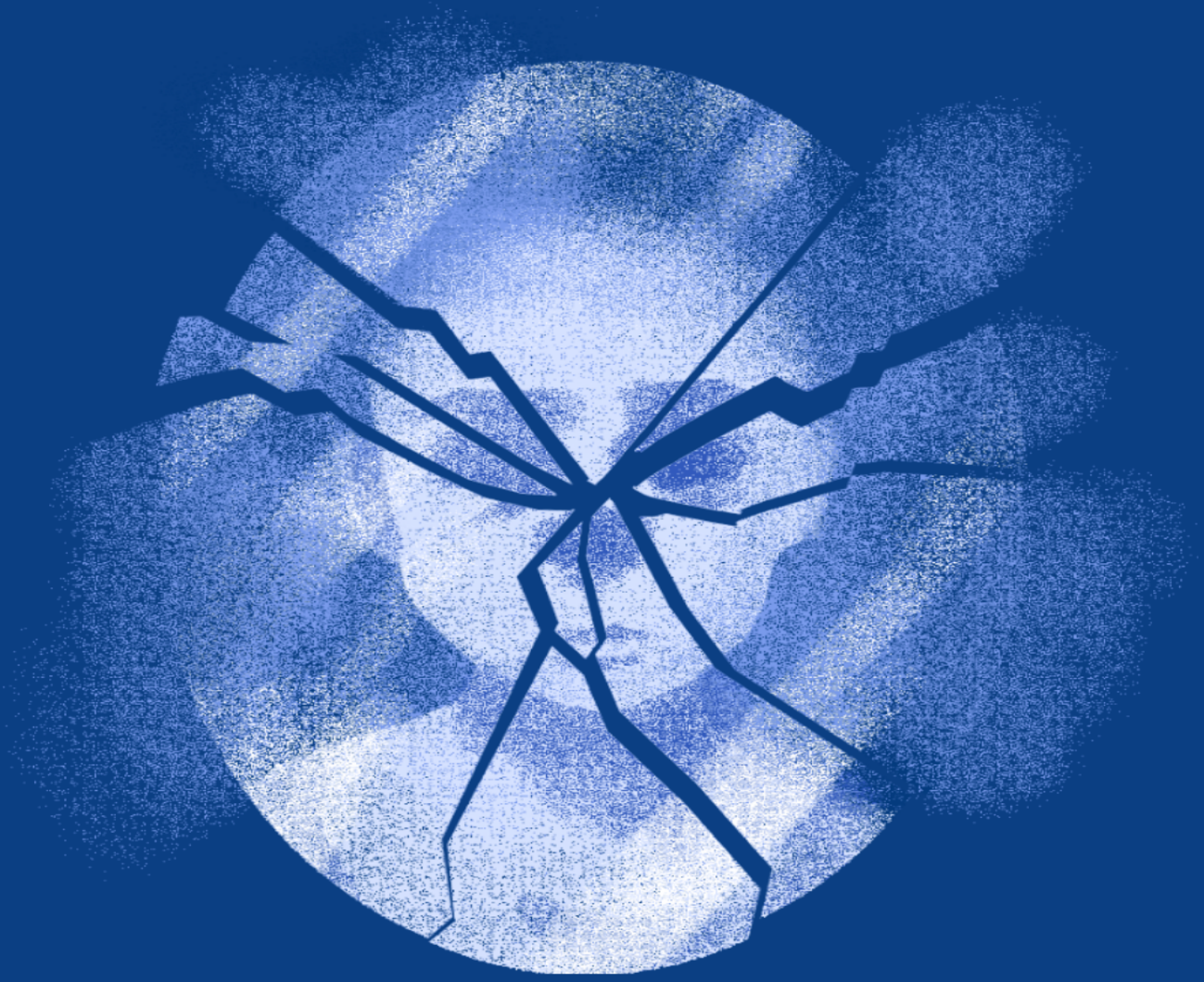

WHAT WE BROKE

-Aaryav

FIXING WHAT WE BROKE

by Aaryav

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"True influence is not measured by the number of people who watch you, but by the number of people who act because of you."

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CHAPTER 01

What's Broken in Modern Systems

Society is not broken in one place — it is broken everywhere.

Chapter 1: What's Broken in Modern Systems

Nothing Is Broken in One Place

The world is not failing in a single corner. It is failing across every system that was built to hold it together. The schools are failing. The digital platforms are failing. The cities are failing. The media is failing. And the most dangerous part is not the failure itself — it is the fact that most people have accepted it as normal. This is caused by years of negligence, collectively allowed to accumulate.

We have been conditioned to treat dysfunction as background noise. Traffic jams, misinformation, distracted youth, unaccountable leaders — these are not just inconveniences. They are symptoms of systems that were either poorly designed or have been allowed to rot without consequence. This book is about naming those systems, understanding why they are broken, and building something better in their place. Today, countries that are not even half our GDP have better infrastructure, and their populations live a better life than most of ours.

The Digital System: Designed to Addict

The most powerful systems in the modern world are not governments or schools. They are apps. Social media platforms, streaming services, and recommendation algorithms have been engineered with a single objective: keep you engaged for as long as possible. Not informed. Not empowered. Just engaged.

The result is an attention economy where human focus has become the product. Every scroll, every notification, every autoplay is a deliberate design choice made to override

your ability to stop. The cost is not just wasted time. It is shortened attention spans, eroded critical thinking, and an entire generation that has been trained to consume rather than create. We did not stumble into this. We were led here.

Urban & Infrastructure Systems: Built Without Vision

Step outside and look at how cities are built. Roads designed around cars, not people. Public spaces that exist on paper but function as concrete wastelands. Pollution that accumulates because no one is held responsible for it. Infrastructure built for a previous century, now groaning under the weight of a population it was never meant to serve.

Poor urban planning is not just an aesthetic problem. It is a health problem, an equity problem, and a productivity problem. When people spend hours in traffic, breathe polluted air, and live in poorly connected communities, the quality of every other part of their lives degrades. A society cannot function well if the physical environment it operates in is poorly designed and chronically neglected.

Social & Behavioral Systems: The Passive Generation

Something has shifted in how people relate to problems. The default response to injustice is no longer action — it is content. A disaster happens and within hours there are awareness posts, hashtags, and profile picture filters. Then the news cycle moves on and nothing changes. Awareness has become a substitute for accountability, and sharing has become a substitute for doing.

This is not entirely the fault of individuals. The systems around us reward passivity. Platforms reward outrage over resolution. Culture rewards commentary over contribution. We have built a world that is very good at generating feelings about problems and very bad at fixing them.

Influence & Media Systems: Loud but Empty

The media and influencer ecosystem has more reach than any institution in history, and less accountability than almost any other. A politician who lies faces elections. A journalist who fabricates faces editors. An influencer who spreads misinformation to ten million people faces almost nothing. The asymmetry between reach and responsibility in today's media landscape is one of the most dangerous imbalances of our time.

Noise has replaced impact. The loudest voices are not always the most informed ones. The most viral content is not usually the most accurate. And the people who could use their platforms to drive real change too often choose the path of least resistance — entertainment, trends, and controversy — because that is what the algorithm rewards.

Everything Is Connected

These are not five separate problems. They are one. A child addicted to a poorly designed app cannot focus in a poorly funded school. A citizen drowning in misinformation cannot hold a government accountable. A community paralyzed by passive behavior cannot fix its own infrastructure. Every broken system feeds the others.

That is why isolated fixes do not work. You cannot fix education without addressing digital addiction. You cannot fix media without addressing accountability. You cannot fix communities without addressing the systems that shape behavior inside them. What is needed is not a patch. What is needed is a framework — and that is exactly what this book is building toward.

We cannot control everything, but we should control everything we can. Today we are a four-trillion-plus-dollar economy, yet our country does not reflect what that number should look and feel like. Many areas still lack the most basic necessities. We cannot let that continue forever.

CHAPTER 02

Digital Harm & Regulation

Technology was built to connect us. It was never meant to consume us.

Chapter 2: Digital Harm & Regulation

Technology was originally created to make human life easier, faster, and more connected. However, over time, it has also started to reshape how humans think, behave, and pay attention. Social media platforms are designed to keep users engaged for as long as possible, often at the cost of focus and mental clarity. This has led to a growing issue where attention has become one of the most exploited human resources. As a result, digital influence is no longer just about misuse — it is also about design itself.

Today, we live in a society where many people follow random trends, watch others become successful, and feel happy for them without making meaningful progress in their own lives. Life is not the same for everyone, and it never will be. But we still have control over what we consume and what we choose to ignore. If technology has made communication and socialising effortless, it has also made distraction equally accessible.

It is no longer difficult to get a glimpse into someone else's life by watching, following, or engaging with their journey. But the real question is: why do most people still spend hours consuming content from people they have never met, who do not know them, and who do not affect their real life in any meaningful way? We cannot change everyone, but we can change what we consume. Many successful people do not treat social media as entertainment alone; they use it as a tool — for building businesses, gaining visibility, and learning. The difference lies in intention.

Social media is not a curse. In fact, it is a powerful tool and in many ways a blessing. But like any tool, its impact depends on how it is used. When used without purpose, it becomes a loop of distraction. When used with intention, it becomes a source of growth.

Today, many people are addicted to their phones and screens. This is sometimes justified when technology becomes a source of income or meaningful learning. But endlessly

following random trends, scrolling without purpose, and consuming meaningless content does little to improve one's life. The question then becomes: why are we risking our future for a few minutes of temporary pleasure? Not everyone can break out of this cycle easily, but those who do often create something meaningful from their time and attention.

In response to rising screen dependency, rehabilitation centres and awareness programmes have even begun emerging to address issues like attention span reduction and digital addiction. We already know excessive screen usage can be harmful, yet it is still widely normalised and even encouraged through design and culture.

One major effect of this shift is reduced attention span. Most people today struggle to focus deeply on a single topic for long periods of time. This reveals two realities: first, ensure you are not trapped in this cycle yourself; and second, if you recognise this pattern in others, you can either help them grow out of it or understand how the system functions. You cannot control what others choose to consume, but you should not exploit their attention for manipulation or profit without awareness.

Social media has also created a strong sense of identity pressure. Posting daily life updates, stories, and achievements has become almost mandatory for many. What was once optional expression has now become social expectation. Constant comparison, validation-seeking through likes, views, and comments, and the pressure to stay relevant have created emotional strain for many users, especially creators.

At the same time, trends change rapidly. Content that goes viral today may lose relevance within months. What was viral in 2013 cannot hold the same impact in 2026, and what is viral in 2025 will likely be forgotten in the coming years. This constant cycle shows how temporary digital attention truly is. Yet many people invest their energy into chasing something that is inherently short-lived.

Instead of focusing on temporary attention, we should focus on long-term contribution — through learning, research, creativity, and meaningful achievements. The world does not

progress through endless consumption of content, but through creation and discovery.

We should also remember a simple truth: we are born alone, and we die alone. In the end, much of what we consume daily will not matter. It will become noise in history. What does matter is what we build, what we contribute, and what we leave behind. The goal should not be just entertainment or distraction, but impact.

Entertainment is important in life, but spending entire days scrolling, laughing, and consuming content in a world full of opportunity leads to silent loss of potential. Time is the one resource that never returns. How we use it defines not just our present, but also the future we create.

CHAPTER 03

Urban Life and Infrastructure

Cities were built for engines. It is time to build them for people.

Chapter 3: Urban Life and Infrastructure

Cities are meant to be engines of growth, but in many cases, they have become symbols of imbalance and poor planning. They are supposed to be centres of opportunity, efficient living, and innovation. To some extent, we have achieved that. But at what cost?

Today, cities have become concentrated hubs where almost everything important happens in a country, while only a few selected cities are prioritised for development. Growth is uneven. A handful of cities expand rapidly, while others are left behind. Even within these so-called developed cities, progress comes with serious consequences — traffic congestion, pollution, overcrowding, and widening inequality in access to basic facilities.

Ironically, cities are overcrowded, yet people feel increasingly isolated. Millions live in the same space, yet experience deep loneliness. This contradiction defines modern urban life — physically close, emotionally distant.

A significant amount of productive time is wasted daily in traffic jams and inefficient transportation systems. People in cities often earn more, are more educated, and contribute more in taxes. Yet many of the same individuals develop a superiority complex when it comes to using public infrastructure. There is a refusal to use public transport, even when it is clean, electric, efficient, and environmentally friendly. This mindset is not about comfort alone — it is about perception. Public systems are seen as inferior, even when they are designed for collective benefit. That attitude needs to change.

Government services, especially public transport systems like metros, have improved significantly over the years. However, improvement alone is not enough if people refuse to use them. Development is not only about building infrastructure — it is also about changing behaviour.

There is also a deeper issue in urban behaviour and social responsibility. Educated individuals often assume that someone less educated or economically weaker will automatically clean up after them. This assumption is fundamentally flawed. Responsibility does not decrease with status — it increases. A truly responsible society is not one where the poor clean after the rich, but one where everyone respects shared spaces equally.

Throwing garbage on roads, damaging public spaces, or ignoring civic responsibility is not a sign of freedom — it is a sign of collective failure. A clean environment cannot exist if responsibility is shifted onto others. Every individual has a role, regardless of education or income.

Today, many metropolitan cities are becoming increasingly unlivable. Pollution levels have risen so high that even infants born in these environments begin life exposed to harmful conditions. This is not just an environmental issue — it is a long-term public health crisis being normalised over time. Breathing clean air should not be a privilege; it should be a basic expectation.

Another major issue is lifestyle imbalance. People are becoming more disconnected from real social interaction. Many spend most of their time inside apartments or offices, while their social life exists only on screens. Social media may provide entertainment and connection, but it cannot replace real human interaction outside digital spaces. A society that is constantly online but rarely physically connected slowly loses its sense of community.

This isolation leads to stress, fatigue, and reduced efficiency in daily life. It becomes a cycle — work, screen, sleep, repeat — with little real engagement with the world outside.

We need to rethink what urban living actually means. Cities should not just be places of survival or economic activity; they should be spaces where people can live healthily, interact meaningfully, and grow collectively. That is only possible when infrastructure,

mindset, and responsibility evolve together.

Urban growth without balance is not progress — it is pressure. And unless behaviour changes along with development, cities will continue to grow in size but decline in livability.

CHAPTER 04

Public Awareness Systems

Knowing is not enough. The gap between awareness and action must close.

Chapter 4: Public Awareness Systems

Awareness has become more common than action in modern society. Today, information spreads faster than ever before, yet real-world change still feels slow and inconsistent. People are constantly exposed to issues like environmental damage, social inequality, and public health concerns through social media and news platforms. However, most of this exposure rarely translates into structured or sustained action. Instead, awareness often remains limited to sharing posts, expressing opinions, or temporary emotional reactions.

Over time, this creates a cycle where problems are widely known but not effectively addressed. The gap between knowing something and actually doing something has become one of the biggest challenges of modern society. Without proper systems to convert awareness into action, even the most important issues lose momentum. This raises an important question: how should awareness be structured in the first place? To create real change, awareness must go beyond information and become a pathway to responsibility.

The real question is — why aren't we taking initiative even when awareness is at an all-time high? Today, spreading information and seeking redressal has never been easier. Issues go viral within minutes, and millions of people express their opinions online. But does that actually lead to change? Criticism in the comment section of a social media post rarely transforms into real-world impact. We often say, if not now then when — yet the cycle repeats itself. Issues rise, trends form, attention peaks, and then slowly fades away.

In the past few years, we have raised voices against several extreme and sensitive cases, which is a positive shift in society. People are more vocal, more aware, and more willing to speak up than ever before. But the uncomfortable truth is that in many cases, justice is still delayed or incomplete. Often, victims and their families do not receive closure even

after public attention disappears. A deeply sensitive issue becomes just another trending topic, eventually replaced by something new. Sensitivity gets replaced by noise, and urgency gets replaced by distraction.

We frequently say we stand with someone, but does that truly change anything? In most cases, the impact is negligible. Many people do not take responsibility for their actions, nor do they stay consistent with what they once demanded online. Support becomes symbolic rather than practical, and solidarity becomes temporary rather than sustained.

Another major issue is overload. There are too many news stories, too many crises, and too many causes happening at once, and not all of them receive sustained attention. Social media cannot focus equally on everything, and as a result, many important issues fade away. This constant cycle also leads to emotional desensitisation — people begin to feel less affected by serious topics simply because they are exposed to too much information all the time.

It raises a difficult question: why do important issues, which deserve long-term attention, lose focus so quickly? Many of the same people who once posted, protested, and expressed solidarity often move on within weeks or months, even before justice is delivered. Attention is intense but short-lived, and that creates a system where urgency rarely survives long enough to produce results.

Instead of only posting, we need to take responsibility through action. Sharing information is easy, but solving problems requires initiative — something many people hesitate to take. The issue is not only with individuals; it also lies in the credibility and efficiency of systems. For decades, people have experienced long delays in legal and administrative processes. When justice takes years to arrive, public trust weakens, and motivation to stay engaged also declines.

Social media is a powerful tool. It allows people to criticise, raise awareness, and hold systems accountable. But its true value lies in transforming awareness into sustained

pressure for justice — not just temporary trends or viral moments. Real change requires consistency, patience, and collective responsibility rather than momentary outrage.

We need to ensure that important issues become sustained national priorities, not short-lived trends. Not every issue needs to become a national debate, but the truly critical ones must not be forgotten. Basic civic sense, empathy, and awareness — along with structured education — can address many of these problems. This can be achieved through schools, community programmes, and nationwide initiatives that teach not just awareness, but also responsibility.

However, responsibility does not lie only with the government. As individuals, we are equally responsible for educating ourselves and our surroundings. Only through shared responsibility can we create a safer, more aware, and more accountable society where awareness does not end at expression, but leads to meaningful action.

CHAPTER 05

Youth as Builders

The future will not be defined by those who waited for permission.

Chapter 5: Youth as Builders

> *"The people who are crazy enough to think they can change the world are the ones who do."*

Make Your Achievements Earn a Seat at the Table

For generations, young people have been told to wait — wait until they are older, wait until they have experience. But the world has changed. It is no longer slow, linear, or predictable. Today, young people are becoming self-reliant and independent at an unprecedented rate. We are no longer just observers of change — we are participants in it. And more importantly, we must stop being passive consumers of opportunity and start becoming creators of it.

The mindset must shift from working only for others to building something of your own — and eventually creating opportunities for others as well.

The Age of Opportunity

In today's fast-moving world, especially in the era of AI and digital transformation, the opportunities available to this generation are unlike anything before. Artificial intelligence today is what computer science was in the late 1990s and early 2000s — a turning point that defines the next few decades.

Those who act early gain the advantage. But opportunity alone is not enough. One must understand markets, study problems deeply, and learn how to build with clarity and purpose. Starting a business is not success by itself — understanding what to build and why is what matters.

Finding gaps in systems or industries is not just observation; it is opportunity. But execution requires discipline, research, and awareness of competition.

Youth Beyond Business

Being a builder is not limited to entrepreneurship. Youth must be present across every sector — technology, governance, education, healthcare, and policy.

We need young people who understand the present better than those who only rely on past experience. In many cases, a fresh perspective can be more valuable than years of stagnation.

This becomes especially important in governance. A country cannot move forward if decision-making is disconnected from modern realities. Leadership should reflect both experience and awareness of today's world.

Systems, Responsibility, and Reform

Many systems today still struggle with inefficiency, corruption, and lack of accountability. Economic growth numbers often fail to reflect ground realities such as access to clean air, water, education, and basic infrastructure.

This gap between progress on paper and progress in reality must be addressed. Transparency in governance, accountability before elections, and measurable public progress should become standard expectations — not exceptions.

At the same time, change is not about rejecting everything that exists. Many institutions have improved over time, but improvement must not stop. A system should not be praised for minimal progress — it should be challenged to do better.

The Mindset Shift

One of the biggest barriers is not external — it is mental. For generations, many have viewed government jobs as the only stable path. While stability is important, limiting ambition to a single route restricts national growth.

A nation cannot grow if its youth only seeks safety instead of impact. We need more builders, thinkers, creators, and problem-solvers. Education systems must support curiosity and innovation, not just competition.

Momentum Matters

The obstacles are real. Change is never easy. Only a small percentage of people will ever create large-scale impact.

But history does not move because most people try — it moves because a few people decide to act. And today, the momentum is on our side.

With access to technology, global markets, and information, this generation has tools previous generations never had. The question is no longer whether opportunity exists — but whether we will use it.

Closing Thought

The future will not be defined by those who waited for permission. It will be defined by those who built, questioned, improved, and refused to accept systems as unchangeable.

Youth is not a limitation of age. It is a state of action.

CHAPTER 06

Influencers Who Actually Influence

True influence is not measured by who watches you, but who acts because of you.

Chapter 6: Influencers Who Actually Influence

Every day, millions of people gather online to discuss the world's problems, yet the streets, rivers, and communities outside their screens remain unchanged. Today we are standing at a point where many things can be solved with just raising our voice in the right direction and for the right topics — and keeping our voice raised until justice is granted and our questions are answered.

Modern technology has made it far easier for today's generation to connect with each other. We are all connected through different applications, companies, work culture, entertainment, and much more. The problem of not being able to connect has almost completely vanished. But are we really using our modern power in the right way? The answer is — to an extent. Yet our world and our country still lack basic necessities, civic sense, and much more in the way of daily, purposeful action.

Social media has made it quite easy for our world to become fast-paced, and we have somewhat forgotten the value of time and words. Today it takes seconds to share anything with anyone, and many people do not think before leaving a comment. Everyone has the right to free speech, but having a right does not mean we have to exercise it in the best possible way.

Today there are hundreds of thousands of influencers all over the world, and we are just stuck watching them do silly and trivial things, following baseless trends — kind of like a rat race where we follow one trend or person instead of becoming trend-setters ourselves. The same trend that was a global sensation becomes cringe and outdated within a few months or years.

There are many influencers who have gained a lot of views and followers, but only a few use their power to help the world — through donations, spreading awareness, and real community action. That is where influencers who actually influence become true.

Today, influencers have such power that they gather thousands of their followers for a meet-up, often people they do not even know personally. Yet those same influencers could use their power to help a country grow and help their community in many possible ways. Some of the prime methods through which a famous influencer could actually influence: spreading awareness, requesting followers to keep their surroundings clean, helping a person in need, donating, and being part of it alongside their audience — sharing it on social media. Thousands of people gather just to see their influencer. Influencers know they are famous. Why don't they use that to actually influence their society and make it a better place to live?

Today, influencers are launching their businesses and getting sold out in minutes. It is a good thing — it shows how much people trust their influencer in today's world. A strong start in business does help an influencer, and it helps their audience to actually be influenced by them, instead of just following and watching content, scrolling all day, and commenting on videos about how badly someone has done to themselves.

There are many influencers who are using these platforms the right way and are actually helping society and the world to learn from their experience and knowledge. Some influencers are raising their voices and filing lawsuits in court against companies that have been doing wrong with the general public for decades — and many results are positive. Their achievements are loud and real. But these influencers are very few in number. We need more of them to raise their voices, because the voice of a thousand people is always heavier than the voice of a hundred. If we cannot find such influencers, why don't we become one of them — and actually get influenced by them in the process?

Today, anything gets viral and is judged by follower counts and views. People line up and gather just to meet their influencer, simply because some activity of theirs got famous and became the trend. But in earlier times, people who did something truly influential and helped the world in some way became more famous. The idea is not that we need to be influential in order to be famous — but that we need to choose who should get famous, and why they deserve it.

Multiple people have done a lot for this world and shared it on social media, but they never get much recognition. We should ask ourselves: why does a person who helped the world and influenced thousands of others to help make it a better place not get famous — but the same person, when they stop posting due to lack of support, capital, or external help, somehow gets more views?

We need to choose what we watch and what should get famous. We should value other people's privacy and time, as well as our own.

True influence is not measured by the number of people who watch you, but by the number of people who act because of you.

CHAPTER 07

A New Policy Framework

We don't need another awareness campaign. We need a system.

Chapter 7: A New Policy Framework

The Problem Is Not a Puzzle — It Is a Pattern

The broken education system, the misuse of digital platforms, the silence of governments on emerging harms, the wasted potential of influencers, the exclusion of youth from design — these are not separate problems. They are symptoms of the same root failure: we keep treating connected crises as isolated incidents, and we keep reaching for awareness as if awareness alone were a solution. It is not. The world does not lack information. It lacks a system that turns information into action.

We Need a Framework, Not Another Fix

Every generation produces its share of passionate voices, viral moments, and one-time movements that fade before they leave a mark. The reason is structural. Without a system that captures momentum and converts it into sustained change, even the best intentions dissolve into noise. What we need is not another awareness campaign. Today, seeking justice and raising a voice against wrongdoing is more common than ever — and even though institutions remain imperfect, we should still work with and through them. We need a framework — a repeatable, scalable model that any government, community, influencer, or individual can apply.

That framework is four words: Awareness. Responsibility. Action. Feedback.

The Model

Awareness is where every movement begins, but it cannot be where it ends. Knowing a problem exists is the entry point, not the destination. The moment awareness is treated as achievement, momentum dies.

Responsibility is what transforms awareness from passive to personal. It asks: given what I now know, what is my role? A government that is aware of digital harm but does not regulate it has chosen inaction. An influencer who is aware of their power but uses it only for profit has made a choice. Responsibility makes that choice visible and names it clearly.

Action is where change actually happens. Not planned. Not discussed. Done. Policies passed. Tools built. Communities organised. Action is the only variable that produces a different outcome.

The Feedback Loop is what separates systems that last from movements that don't. Every action must be measured. What worked? What failed? What needs to change? Without honest feedback, systems calcify and repeat their own mistakes. With it, they evolve.

How It Works in the Real World

A government applying this framework does not just pass legislation and move on. It tracks outcomes, publishes results, invites public scrutiny, and revises based on evidence. An influencer applying it does not just post about a cause once. They commit, follow through, and report back to their audience on what was achieved. A young person applying it does not just attend a protest. They document what changed, what did not, and they return with a sharper demand next time. A community applying it does not just identify its problems. It assigns ownership, sets timelines, and holds itself accountable to results.

The Principles That Hold It Together

No framework survives without principles that enforce it. This one runs on four: Transparency — decisions and their consequences must be visible to the people they affect. Accountability — someone must own every outcome, good or bad. Consistency — change built on occasional effort collapses; it must be sustained. Measurable impact — if you cannot measure it, you cannot improve it, and you cannot prove it worked.

The World This Makes Possible

Apply this framework seriously, at scale, across sectors — and the world it produces looks different from the one we have now. Governments that are genuinely accountable to their citizens. Platforms that are designed around human flourishing rather than engagement at any cost. Influencers who are trusted because they have earned it through action, not just content. Young people who are not waiting to inherit broken systems but actively rebuilding them from the inside.

That world is not a fantasy. It is a design choice. And design choices can be changed.

The systems described in this book did not fail by accident. They failed because the people with the power to fix them had no pressure to do so, and the people most harmed by them had no seat at the table. This framework changes both of those things. It creates pressure through accountability and transparency. It creates seats through youth participation and community ownership.

The question is not whether this can work. The question is whether enough people will decide that the current system is no longer acceptable — and do something about it.

In today's world we have more opportunities than ever before, and we should use all of them. Because if not now, then when? When things get out of hand? When we suffer generational crises the way some countries already have? The time to act is not later. It is now.

That decision starts with you. Right now. Today.